

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Lycopene (µg) ; Vitamin E (alpha-tocopherol) (mg) ; Carotene, beta (µg)

Food Groups: Vegetables and Vegetable Products
Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: November 06, 2015 16:04 EST

NDB_No	Description	Weight(g)	Measure	Lycopene(µg)	Vitamin E	Carotene, beta(µg)
				Per Measure	(alpha-tocopherol)(mg) Per Measure	Per Measure
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0	0.01	29
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0	0.23	10
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0	0.23	10
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0	0.27	12
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0	0.27	12
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0	0.24	10
11959	Arugula, raw	2.0	1.0 leaf	0	0.01	28
11015	Asparagus, canned, drained solids	242.0	1.0 cup	58	2.95	1193
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	28	0.35	567
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	27	1.35	544
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	27	1.35	544
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	43	2.16	869
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	43	2.16	869
11011	Asparagus, raw	134.0	1.0 cup	0	1.51	602
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0	0.84	841
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0	0.84	841
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0	0.17	84
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0	0.17	84
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0	0.83	10
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0	1.51	18
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0	1.46	247
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0	0.05	2
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0	0.07	336
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0	0.05	187
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0	0.04	165
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0	0.05	218
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0	0.58	475

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11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0	0.58	475
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0	0.47	307
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0	0.51	353
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0	0.05	302
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0	0.05	336
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0	0.41	379
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0	0.05	187
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0	0.28	60
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0	0.44	96
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0	0.04	60
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0	0.58	61
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0	0.58	61
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0	0.06	86
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0	0.05	81
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0	0.05	81
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0	2.61	6610
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0	2.61	6610
11086	Beet greens, raw	38.0	1.0 cup	0	0.57	1442
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0	0.05	24
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0	0.07	32
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0	0.07	34
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0	0.03	18
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0	0.03	18
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0	0.14	66
11080	Beets, raw	136.0	1.0 cup	0	0.05	27
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0	2.15	2312
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0	0.65	629
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0	0.42	865
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0	1.13	725
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0	1.13	725
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0	2.43	1098
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0	2.43	1098
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0	1.90	952
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0	1.21	610

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11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0	1.21	549
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0	1.28	641
11090	Broccoli, raw	91.0	1.0 cup chopped	0	0.71	329
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0	0.09	98
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0	0.09	98
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0	0.79	860
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0	0.79	860
11098	Brussels sprouts, raw	88.0	1.0 cup	0	0.77	396
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	--	0.58	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	--	0.58	0
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	--	0.45	0
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0	0.15	4333
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0	0.15	4333
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0	0.06	1877
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0	0.09	144
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0	0.11	36
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0	0.11	36
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0	0.18	150
11118	Cabbage, kimchi	150.0	1.0 cup	0	0.16	82
43144	Cabbage, mustard, salted	128.0	1.0 cup	0	0.03	657
11970	Cabbage, napa, cooked	109.0	1.0 cup	0	--	145
11109	Cabbage, raw	89.0	1.0 cup, chopped	0	0.13	37
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0	0.03	4
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0	0.03	4
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	18	0.10	596
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0	0.12	420
11655	Carrot juice, canned	236.0	1.0 cup	5	2.74	21955
11683	Carrot, dehydrated	74.0	1.0 cup	2	4.03	25126
11960	Carrots, baby, raw	15.0	1.0 large	0	--	959
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0	1.08	7783
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0	0.90	6557
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0	1.08	7783
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0	0.90	7306
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0	0.10	808

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11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0	0.10	808
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0	1.47	11971
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0	1.47	11971
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	1	0.36	4510
11124	Carrots, raw	128.0	1.0 cup chopped	1	0.84	10605
11134	Cassava, raw	206.0	1.0 cup	0	0.39	16
11935	Catsup	17.0	1.0 tbsp	2051	0.25	54
11949	Catsup, low sodium	17.0	1.0 tbsp	2051	0.25	54
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0	0.04	4
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0	0.04	4
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0	0.11	11
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0	0.11	11
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0	0.05	5
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0	0.04	77
11965	Cauliflower, green, raw	64.0	1.0 cup	0	0.03	60
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	--	0.09	0
11141	Celeriac, raw	156.0	1.0 cup	--	0.56	0
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0	0.52	470
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0	0.52	470
11143	Celery, raw	101.0	1.0 cup chopped	0	0.27	273
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0	3.31	6391
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0	3.31	6391
11147	Chard, swiss, raw	36.0	1.0 cup	0	0.68	1313
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	--	0.22	0
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	--	0.22	0
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	--	0.16	0
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0	0.66	995
11156	Chives, raw	3.0	1.0 tbsp chopped	0	0.01	78
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0	2.50	1543
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0	2.50	1543
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0	1.67	8575
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0	1.67	8575
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0	2.12	11591
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0	2.12	11591

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11161	Collards, raw	36.0	1.0 cup, chopped	0	0.81	1077
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0	0.10	157
11656	Corn pudding, home prepared	250.0	1.0 cup	0	0.68	90
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	--	0.15	0
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0	0.18	3
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0	--	2
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0	--	2
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0	0.11	2
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	--	--	0
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0	--	--
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0	0.08	1
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0	0.08	1
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0	0.12	2
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0	0.12	2
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0	--	2
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0	--	3
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0	--	3
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0	--	3
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0	0.05	1
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0	0.08	23
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0	0.18	77
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0	0.18	77
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0	0.08	23
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0	0.08	69
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0	0.08	69
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0	0.15	23
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0	0.08	59
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0	0.08	59
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0	0.12	82
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0	0.11	67

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11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0	0.13	96
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0	0.13	96
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0	0.15	101
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0	0.12	82
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0	0.10	68
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0	0.14	83
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0	0.36	784
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0	0.36	784
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0	0.51	76
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0	0.51	76
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0	0.46	746
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0	0.68	3766
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0	0.68	3766
11203	Cress, garden, raw	50.0	1.0 cup	0	0.35	2075
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0	0.04	41
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0	0.02	23
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0	0.63	9163
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0	2.56	4137
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0	1.89	3220
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0	0.04	1767
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0	0.04	1767
11212	Edamame, frozen, prepared	155.0	1.0 cup	0	1.05	271
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0	0.41	22
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0	0.41	22
43146	Eggplant, pickled	136.0	1.0 cup	0	0.04	41
11209	Eggplant, raw	82.0	1.0 cup, cubes	0	0.25	11
11213	Endive, raw	25.0	0.5 cup, chopped	0	0.11	325
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0	0.60	1700
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0	0.50	503
11215	Garlic, raw	136.0	1.0 cup	0	0.11	7
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	--	0.04	0
11216	Ginger root, raw	2.0	1.0 tsp	--	0.01	0
11975	Grape leaves, canned	4.0	1.0 leaf	0	0.07	114

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11974	Grape leaves, raw	14.0	1.0 cup	0	0.28	2267
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0	0.41	380
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0	0.28	18
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0	0.06	2707
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0	0.61	2707
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0	1.10	10625
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0	1.10	10625
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0	1.20	11470
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0	1.20	11470
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0	0.25	948
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0	0.86	35
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0	0.86	35
11241	Kohlrabi, raw	135.0	1.0 cup	0	0.65	30
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0	--	8438
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0	3.33	8438
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0	0.62	604
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0	0.62	604
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0	0.82	890
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0	0.10	1093
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0	0.06	2456
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0	0.08	1599
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0	0.13	215
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0	0.04	1259
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0	0.72	223
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0	0.24	377
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0	0.24	309
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0	1.15	180
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0	1.15	180
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0	0.49	194
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0	0.49	194
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0	1.15	214
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0	0.50	197
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	--	0.01	0

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	--	--	0
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0	0.09	5
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0	0.09	5
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0	0.10	6
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	--	0.01	0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	--	0.01	0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	--	0.02	0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	--	0.01	0
11240	Mushrooms, morel, raw	66.0	1.0 cup	--	--	0
11987	Mushrooms, oyster, raw	148.0	1.0 large	--	0.00	43
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	--	0.02	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	--	--	0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	--	0.02	0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	--	--	0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	--	--	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	--	--	0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	--	--	0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	--	0.02	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	--	0.02	0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	--	0.01	0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	--	--	0
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0	2.49	8820
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0	2.49	10360
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0	2.02	6369
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0	2.02	6369
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0	1.13	1002
11964	Nopales, cooked, without salt	149.0	1.0 cup	--	0.00	361
11963	Nopales, raw	86.0	1.0 cup, sliced	--	0.00	215
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0	0.22	136
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0	0.22	136
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0	0.29	168
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0	0.29	168
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0	0.31	200
11278	Okra, raw	100.0	1.0 cup	0	0.27	416

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	--	0.22	0
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0	0.04	1
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0	0.04	2
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0	0.04	2
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0	0.01	1
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0	0.00	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0	0.00	0
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0	0.02	2
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0	0.02	2
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0	0.02	1
11282	Onions, raw	160.0	1.0 cup, chopped	0	0.03	2
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0	0.55	598
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0	0.03	1
11292	Onions, young green, tops only	6.0	1.0 tbsp	0	0.01	144
11297	Parsley, fresh	60.0	1.0 cup chopped	0	0.45	3032
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	--	0.78	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	--	0.78	0
11298	Parsnips, raw	133.0	1.0 cup slices	--	1.98	0
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0	0.97	8670
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0	0.42	3780
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0	1.45	13136
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0	0.04	1127
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0	0.04	1127
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0	0.62	955
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0	0.62	955
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0	0.75	1216
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0	0.75	1216
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0	0.38	617
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0	0.66	900
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0	0.03	272
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0	0.02	1065
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0	0.02	1128
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0	0.22	752
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0	0.22	752

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0	0.02	1000
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0	0.03	1642
11304	Peas, green, raw	145.0	1.0 cup	0	0.19	651
11976	Pepper, banana, raw	124.0	1.0 cup	0	0.86	228
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0	1.16	5492
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0	0.50	299
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0	0.31	302
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0	0.50	4865
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0	0.31	240
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0	0.31	150
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0	0.13	126
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0	0.94	1316
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0	3.22	505
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0	0.72	561
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0	0.06	31
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0	0.68	356
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0	0.02	13
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0	0.55	310
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0	1.61	155
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0	0.20	183
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0	2.23	2059
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0	0.02	172
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0	1.46	1342
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0	1.46	1342
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0	1.17	1196
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0	2.35	2420
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	513	3.28	1664
11945	Pickle relish, sweet	15.0	1.0 tbsp	0	0.09	78
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0	0.39	93
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0	0.01	19
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0	0.01	19
11941	Pickles, cucumber, sour	155.0	1.0 cup	0	0.14	126
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0	0.13	116
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0	0.58	520

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0	0.03	28
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0	0.49	46
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0	0.49	46
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0	0.60	62
11943	Pimento, canned	12.0	1.0 tbsp	0	0.08	177
11349	Poi	240.0	1.0 cup	0	5.52	74
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0	1.40	8613
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0	1.40	8613
11413	Potato flour	160.0	1.0 cup	--	0.40	0
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0	0.05	1
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0	0.21	2
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0	0.13	4
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0	0.02	4
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0	0.06	9
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	--	0.02	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	--	0.02	0
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0	0.02	3
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0	0.02	3
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0	0.04	2
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0	0.01	2
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0	0.01	1
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0	0.01	1
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0	0.09	2
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0	0.01	1
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0	0.30	2
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0	0.09	2
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0	0.08	2
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0	0.07	2
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0	0.04	1
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0	0.03	1
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0	0.12	3

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0	0.02	2
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	--	3.28	0
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0	0.02	5
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0	0.02	4
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0	0.06	20
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0	0.54	14
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0	0.29	23
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0	1.07	69
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0	0.04	4
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0	0.25	19
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0	0.88	63
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0	0.66	44
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0	0.24	18
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0	0.01	3
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0	0.21	18
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	--	0.01	0
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0	0.12	18
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0	0.01	4
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0	0.05	1394
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0	0.68	682
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0	0.68	682
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0	2.60	17003
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0	2.60	17003
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0	1.96	5135
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0	1.96	5135
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0	0.05	1394
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0	1.23	3596
11952	Radicchio, raw	40.0	1.0 cup, shredded	0	0.90	6
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	--	--	0
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	--	--	0

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	--	--	0
11432	Radishes, oriental, dried	116.0	1.0 cup	--	0.01	0
11430	Radishes, oriental, raw	116.0	1.0 cup slices	--	--	0
11429	Radishes, raw	116.0	1.0 cup slices	--	0.00	5
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	12	0.29	1
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	17	0.41	2
11435	Rutabagas, raw	140.0	1.0 cup, cubes	20	0.42	1
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	--	0.26	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	--	0.26	0
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0	0.20	11
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	--	0.09	0
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0	0.28	244
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0	0.17	148
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0	0.09	7
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0	0.09	7
11446	Seaweed, laver, raw	26.0	10.0 sheets	0	0.26	811
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0	5.60	383
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0	0.10	22
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0	0.00	0
11677	Shallots, raw	10.0	1.0 tbsp chopped	0	0.00	0
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0	0.20	11
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0	0.20	11
11658	Spinach souffle	136.0	1.0 cup	0	1.26	2030
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0	3.74	11349
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0	4.15	12585
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0	3.74	11349
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0	3.74	11318
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0	3.74	11318
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0	3.36	6875
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0	3.36	6875
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0	4.52	10975
11457	Spinach, raw	30.0	1.0 cup	0	0.61	1688
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0	0.25	229
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0	0.25	229

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0	0.14	136
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0	0.25	128
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0	0.22	1206
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0	0.22	1206
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0	0.29	230
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0	0.29	230
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0	0.17	114
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0	0.11	46
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0	0.29	122
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0	0.17	169
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0	0.11	603
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0	0.22	1206
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0	0.27	236
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0	0.27	236
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0	0.11	113
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0	0.15	149
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0	--	1200
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0	--	308
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0	0.25	5726
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0	0.25	5726
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0	0.14	951
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0	2.64	9368
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0	2.64	9368
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0	2.09	2152
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0	2.02	5916
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0	0.41	7339
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0	0.41	7339
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0	0.28	5048
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0	0.28	3873
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0	0.19	951
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0	0.19	91

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0	0.19	91
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0	0.13	65
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0	0.31	139
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0	0.31	139
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0	0.61	1104
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0	0.61	1104
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0	--	776
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0	2.78	13308
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0	2.25	10782
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0	2.14	10301
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0	2.55	12214
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0	1.42	23018
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0	3.08	30976
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0	3.08	30976
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0	0.94	4051
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0	1.36	21996
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0	0.35	11317
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0	0.76	2654
11520	Taro leaves, raw	28.0	1.0 cup	0	0.57	811
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0	3.87	51
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0	3.87	51
11518	Taro, raw	104.0	1.0 cup, sliced	0	2.48	36
11954	Tomatillos, raw	34.0	1.0 medium	0	0.13	21
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	23377	0.77	2009
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	21960	0.78	656
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	21960	0.78	656
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	18984	2.84	595
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	54385	4.92	765
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	54385	4.92	765
11549	Tomato products, canned, sauce	245.0	1.0 cup	34043	3.53	635
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	46408	4.70	1396
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	46135	2.95	1208
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	34043	3.53	635
11693	Tomatoes, crushed, canned	121.0	0.5 cup	6178	1.51	156

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11527	Tomatoes, green, raw	180.0	1.0 cup	0	0.68	623
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	6089	1.42	588
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	6588	1.42	636
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	10424	2.12	263
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	7298	1.34	703
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	7298	1.34	703
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	3834	0.80	669
11955	Tomatoes, sun-dried	54.0	1.0 cup	24787	0.01	283
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0	3.47	8422
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0	3.47	8422
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0	2.12	5145
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0	2.71	6588
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0	2.71	6588
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0	2.18	5296
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0	4.36	10593
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0	1.57	3824
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	--	0.03	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	--	0.03	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	--	0.03	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	--	0.03	0
11564	Turnips, raw	130.0	1.0 cup, cubes	--	0.04	0
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	18011	2.58	954
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	18082	2.59	958
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0	0.75	70
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0	2.14	571